



Vol. 47, No. 30 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Aug. 18, 2006

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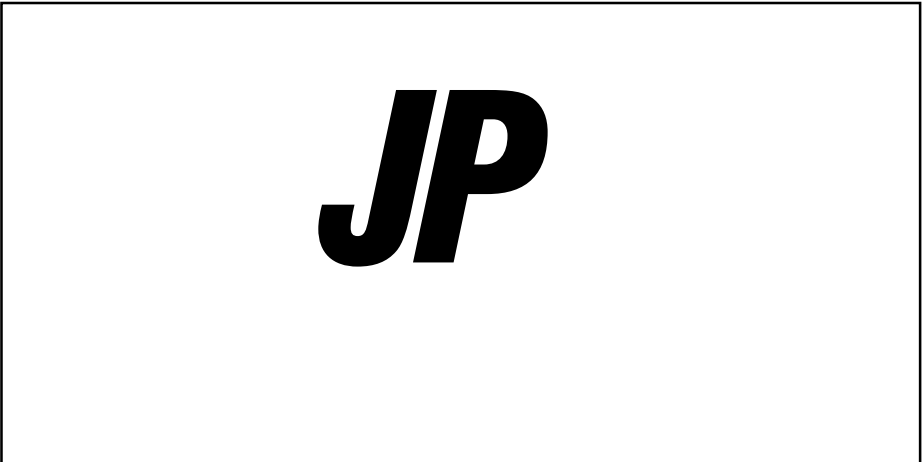


Welcome to the 2006 Japanese-American Friendship Festival

By Col. Scott Goodwin
374th Airlift Wing commander

On behalf of the men and women of Yokota Air Base, welcome to the 2006 Japanese-American Friendship Festival. As the commander of the 374th Airlift Wing, it's a great honor to have you here with us to celebrate the friendship our countries have shared for more than five decades. Every year, we look forward to opening our gates to show you how we accomplish our mission. As you enjoy the many sights, sounds and American

traditions, we hope you will make a new friend or strengthen an acquaintance. Your support of our mission is crucial to ensuring peace and prosperity throughout the western Pacific region. We all hope you will come away from this experience with a deeper understanding of the crucial airlift mission that supports one of the most important alliances any two countries could share. Thanks for joining us here today. We look forward to your continued friendship and support ... and we hope you have a great time!



Schedule/Map

Tanabata Festival celebration

photos by Kaori Matsukasa

Yokota Air Base community members participate during the annual Tanabata Festival in Fussa City. Left, the Air Force Band of the Pacific – Asia Ceremonial Band performs in the parade during the festival. Right, 45 volunteers from the Yokota community don happi coats and head bands to carry a portable shrine called a mikoshi, which weighs more than half of a ton. For more than 30 years, Airmen and their families have participated in this tradition to celebrate the Tanabata Festival with the neighboring community.

**Enjoy festival, but keep personal safety first****By Lt. Col. John Park**

374th Airlift Wing Safety Office

The members of the 374th Airlift Wing's Safety Office would like for you to enjoy yourself during the Friendship Festival, but would also like to remind people to think about keeping you and your family safe while at Yokota Air Base. To keep safety in mind, the following information will help you maintain awareness of different things that could affect you and your family.

Combat the heat – be aware of the hot temperature. As you spend the day on paved surfaces or concrete, heat-related injuries can easily occur. Be sure to keep properly hydrated. The best time to consume fluids is before becoming thirsty because by the time you become thirsty, your body is already dehydrated. Try to avoid drinks containing caffeine or alcohol while in the sun or heat. The best drinks are water or flavored sports drinks. Wear light-colored, loose-fitting clothing and take frequent breaks in the shade.

Don't forget to apply sunscreen to exposed skin – a sun burn is not only uncomfortable, it also limits the body's ability to sweat. Keep a watchful eye on very young and elderly people in hot weather as well – their bodies do not regulate temperature as well and they can rapidly become overheated. If at any time a person who has been exposed to the heat becomes disoriented or unconscious, seek medical attention immediately.

Walking safety – wear comfortable, close-toed shoes. Be cautious when walking on the flightline and around vendor areas. There are occasionally missing joint seals between concrete slabs, electrical cabling and grounding

points to be aware of as you tour the area. Additionally, Yokota's flightline and hangar floors are relatively smooth and can become slippery from spilled drinks, water run-off or from wet weather.

Assist in flight safety – foreign object damage, or FOD, is damage caused to aircraft by any foreign object such as plastic cups, chewing gum and cigarette filters. Foreign debris of any kind can damage engines and aircraft, putting our Japanese and U.S. aircrews in danger. Utilize the nearest trash receptacle or bag your trash and take it home with you for proper disposal.

Respect barriers – be aware of and do not cross areas roped or cordoned off around airplanes, equipment, vehicles, ramp areas and roadways. These barriers are for your protection. Watch out for children and ensure they understand not to cross into these areas.

Think traffic safety – pedestrians, strollers and bicycles will be coming to and from the event and watch out for moving vehicles. Use designated crosswalks and follow the directions of traffic lights and personnel assisting traffic or pedestrian flow. Use light colored clothing and reflective belts to enhance your visibility at night and during low periods of visibility.

Inside the festival area – many people will stop on the ramp to watch aerial demonstrations. Be careful of where you are walking in this area. Only authorized vehicles are allowed on the festival event area. Bicycles, roller skates, roller blades, roller shoes, skateboards or scooters of any kind are not permitted in the event area.

Stay informed – if you have a question or safety concern, bring it to the attention of the information booth or uniformed personnel.

JP**AD**

Base is rich in history, spans almost seven decades

From Japanese airfield in 1940 to Pacific’s ‘airlift hub’

In August 1940 the Japanese Imperial Army established the relatively small Tama Army Airfield as its main test center and aviation maintenance school, a mission it continued during the Second World War. Sandwiched between Tachikawa Airfield and Iruma Airfield, Tama remained un-noticed by Allied intelligence until late 1944.

Although close to Tachikawa, the US Army Air Forces eventually opted to label the base "Yokota" after a nearby village.

The base escaped the war relatively undamaged and managed to remain operational until Japan's surrender Aug. 15, 1945.

Its close proximity to Tokyo, which was only 28 miles to the southeast, made Yokota an important location for American forces about to occupy Japan. Indeed, the first elements of Yokota's occupation arrived late on the evening Sept. 5 to a surprised base population.

Although there was initial

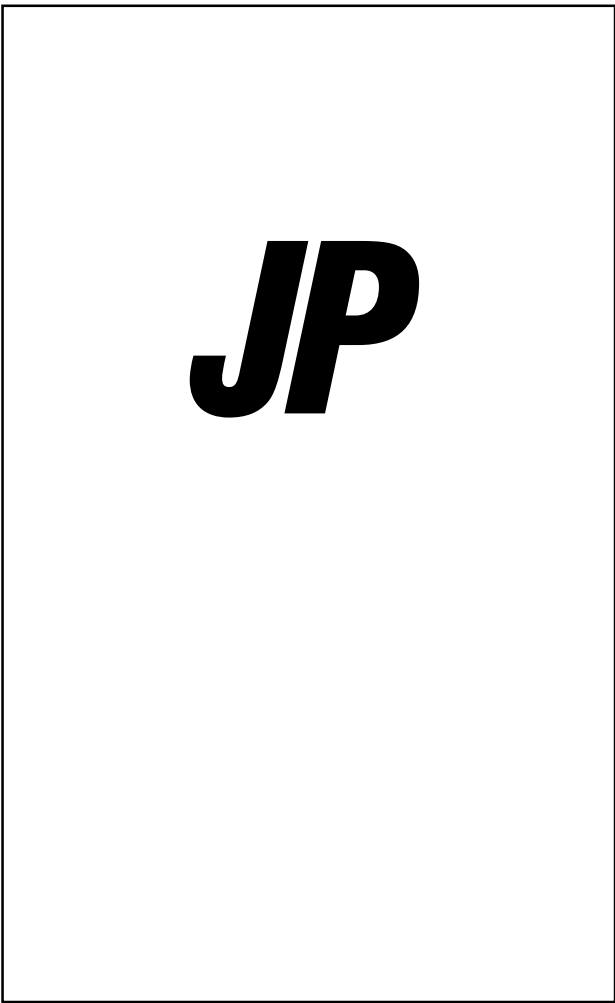
tension, the handover was peaceful. Since that September evening 60 years ago, hundreds of Air Force units and tens of thousands of personnel have called Yokota home. The ramp has held fighters and bombers, recon aircraft, and cargo planes.

The 374th Airlift Wing is the current occupant of the base, along with tenants like Headquarters Fifth Air Force and Headquarters United States Forces, Japan, having arrived here in 1992 after the closure of Clark Air Base, Philippines.

Established Aug. 10, 1948 and activated a week later as the 374th Troop Carrier Wing, the wing earned 10 campaign streamers in the Korean War and was decorated numerous times for its service in Vietnam.

During its history the 374th has flown, in chronological order: C-54, C-46, C-47, C-124, C-119, VB-17, C-130, C-9, C-21 and UH-1. Today it flies the C-130, UH-1N, and C-21 aircraft.

(Story and photos courtesy of 374th Airlift Wing History Office)



VC-54 (1948-1957)

C-47 (1951-1957)

C-124 (1952-1957)

C-9 (1968-2002)

C-46 (1949-1951)

B-17 (1948-1957)

C-119 (1951, 1956-1957)

Throughout the base’s almost 70 years, it has seen numerous Japanese and American aircraft that have called the base home. The wing is now home to 16 C-130 Hercules, four UH-1N Huey helicopters, and four C-21 Learjets. Pictured are some historical aircraft that have come and gone through the years.

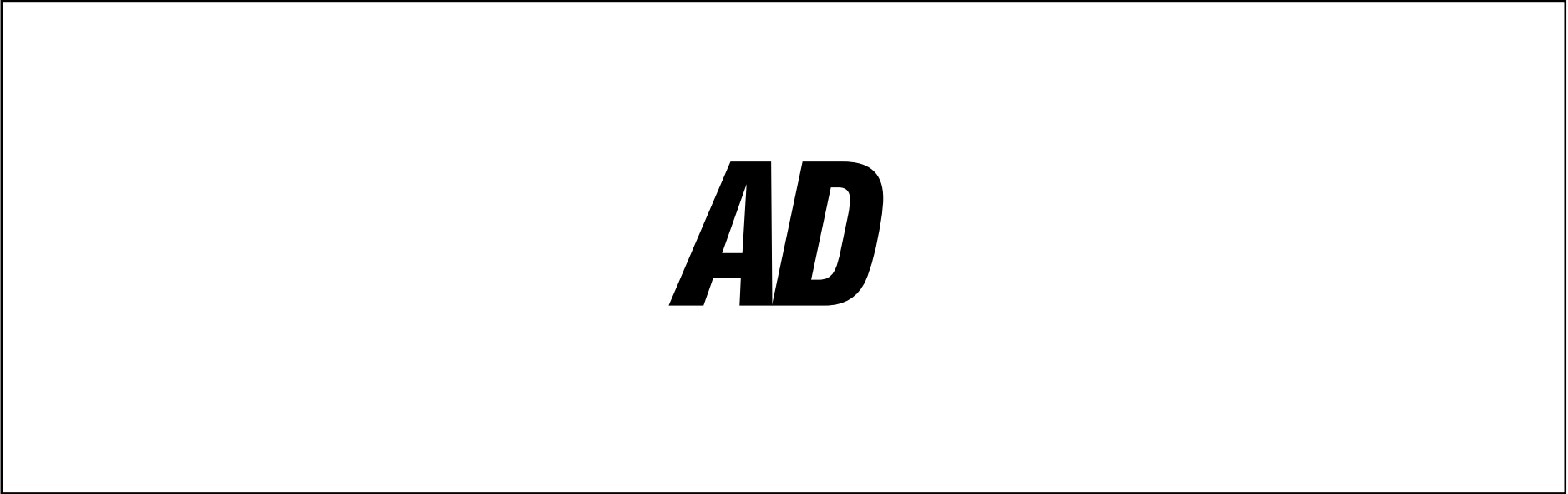
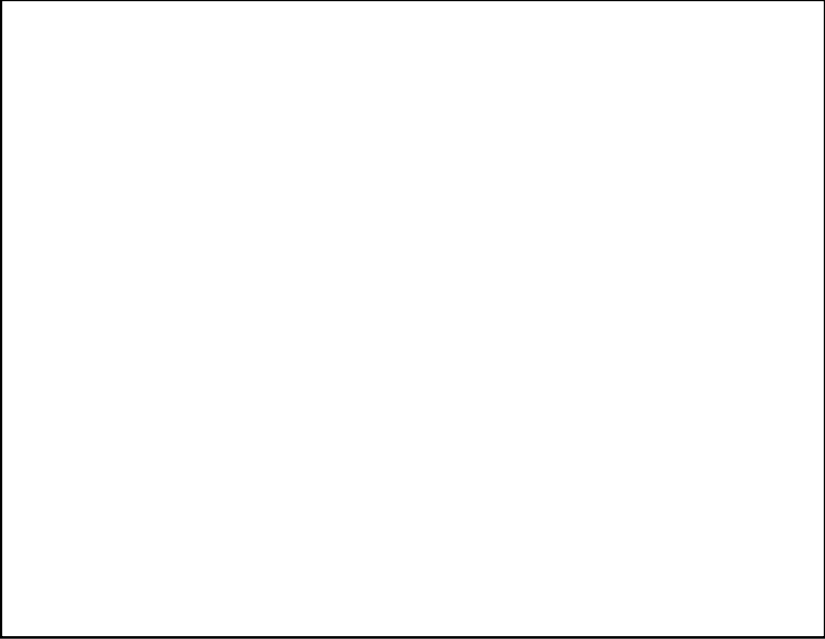




photo by Capt. Ben Alumbaugh

Current aircraft of the 374th Airlift Wing

Left, a C-130 Hercules from Yokota Air Base taxis on the runway for a mission during Operation Hope Renewal in the Philippines. C-130s from Yokota carried more than 140 tons of humanitarian relief during the operation. The aircraft is capable of operating from rough, dirt strips, and air dropping troops and equipment to fulfill a wide range of operational missions in both peace and war time. Bottom left, a UH-1N flies a mission over the Kanto Plain. The UH-1N is a light-lift utility helicopter designed for many purposes to include airlifting emergency security and disaster response forces. Bottom right, a C-21 takes off near Yokota's south overrun. The C-21 is a twin turbofan engine aircraft used for cargo and passenger airlift and is the military version of the Learjet 35A business jet. The aircraft is capable of transporting one litter or five ambulatory patients during aeromedical evacuations.



courtesy photo



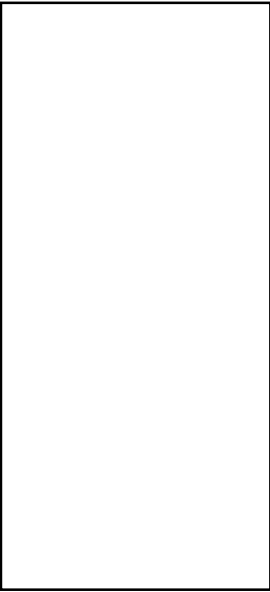
courtesy photo

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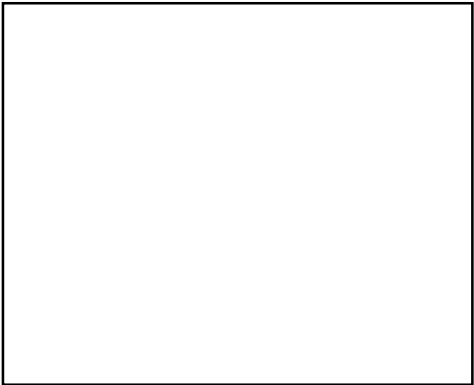
Base monuments hold special meaning



Left, the Tomodachi “Friends” Monument was erected May of 2001. It is a statue of an American serviceman befriending a Japanese child. The monument was designed and created by the students of Yokota High School to honor the friendship between the base and the local communities.



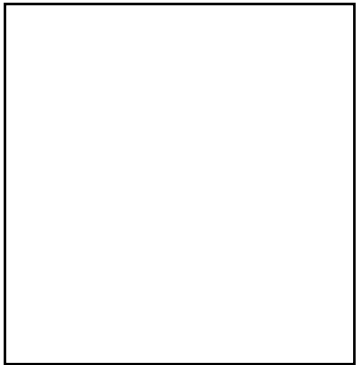
Above, “Trees of Friendship” were planted by the Tokyo Fussa Lions Club in a Japanese garden as a token of the Japanese-American friendship. Above right, in the same garden a living memorial honors all military members killed in action, missing in action and prisoners of war. It has a winding path made of stepping-stones that circles the garden with memorial stones and statues along the way to honor members from the Revolutionary War to the the Vietnam War.



The John F. Kennedy Memorial honors employees at Yokota Air Base.



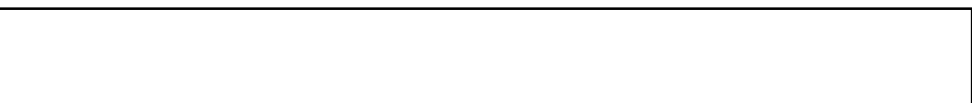
Left, the Last Alarm monument and park is dedicated in honor of three American and seven Japanese firefighters who lost their lives while combating a blaze from a crashed aircraft laden with explosives. The plane crashed at Yokota Air Base Nov. 18, 1951.



ng, friendship



al was erected next to Nina Circle in December 1963 through donations from Japanese . President Kennedy was assassinated in November of 1963.



This friendship monument was erected to commemorate over 50 years of friendship between Yokota Air Base and its neighboring communities, as well as 40 years of teamwork between United States Forces Japan and the Japanese Self Defense Force in providing regional peace and security.



Right, the Japan Air Self Defense Force donated this F-86F Sabre Jet to Yokota Air Base in commemoration of the 40th Anniversary of 5th Air Force on Sept. 20, 1981. It honors 5th AF aviators who flew thousands of combat missions during the Korean War to preserve freedom and peace in the Pacific.



The Friendship Stone was donated to Yokota Air Base by the Yokota Local Community Relations Council in 1960. It commemorates the 100th Anniversary of the signing of the Treaty of Amity (friendship) between Japan and the United States. The inscription is signed by the Tokyo Metropolitan Mayor at the time, Mr. Azuma Ryutarou.



National Anthems provide opportunity to show respect , honor countries

By Master Sgt. Dominique Brown
374th Airlift Wing Public Affairs

Personnel at Yokota Air Base show respect for our Japanese hosts in many different ways, and retreat at the end of each duty day is one of those ways.

During retreat, the Japanese National Anthem is played followed by the United States National Anthem. Some people only know the words to their own nation’s anthem, so here are the words to both, in Japanese and English.

The Japanese National Anthem is Kimigayo:
May thy peaceful reign last long!
May it last for thousands of years,
Until this tiny stone will grow into a massive rock,
And the moss will cover it all deep and thick.

Translation from National Anthems of the

World, published by the Blandford Press.

The United States National Anthem is The Star-Spangled-Banner:
Oh, say, can you see, by the dawn’s early light,
What so proudly we hail’d at the twilight’s last gleaming?
Whose broad stripes and bright stars, thro’ the perilous fight,
O’er the ramparts we watch’d, were so gallantly streaming?
And the rockets’ red glare, the bombs bursting in air,
Gave proof thro’ the night that our flag was still there.
O say, does that star-spangled banner yet wave
O’er the land of the free and the home of the brave?

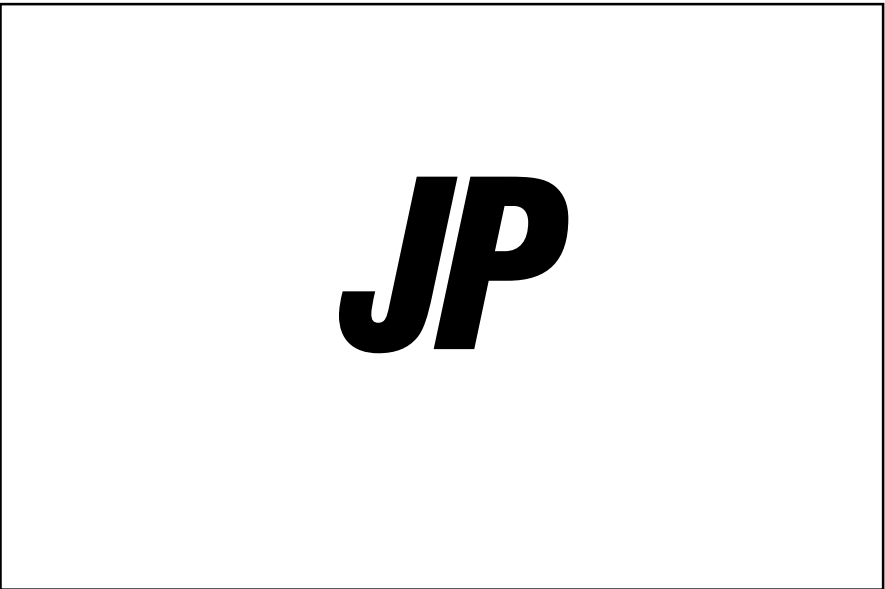


photo by Master Sgt. Dominique Brown

A flag detail folds the NATO, U.S. and the Japanese flags during a retreat ceremony in front of the 374th Airlift Wing headquarters. During retreat, the Japanese National Anthem is played first followed by the U.S. National Anthem. When the first note of retreat begins, uniformed personnel outside should face the music or the flags, come to attention and salute until both anthems are finished. All other personnel outside should stand quietly and may place their hand over their heart. Personnel in a vehicle should carefully move over to the side of the road and then sit quietly until the anthems are finished playing.

Help recycle waste, keep environment clean

By Yuki Inoue
374th Civil Engineer Squadron

Yokota Air Base’s recycling program takes great care to protect the environment for future generations as well as to be a good neighbor to the surrounding communities.

To help with these efforts during the Friendship Festival, follow the labels on trash containers to discard trash. The trash containers are clearly marked to make it easy and are labeled glass, cans, PET for plastic bottles and others.

Dispose of anything other than glass, cans and plastic bottles into containers labeled others.

Everyone’s assistance and support will help to make this Friendship Festival a great success.

Organizational booths should follow these environmental tips for waste disposal:

⇒ Follow labels on trash containers and dumpsters

⇒ All trash containers inside the booth must have proper labels.

Ash or charcoal disposal:

⇒ Use containers provided by the base garbage contractor on the first day of the event for ash or charcoal disposal.

⇒ Leave the containers at the booth at the end of the event. The garbage contractor will collect them.

Cooking oil disposal:

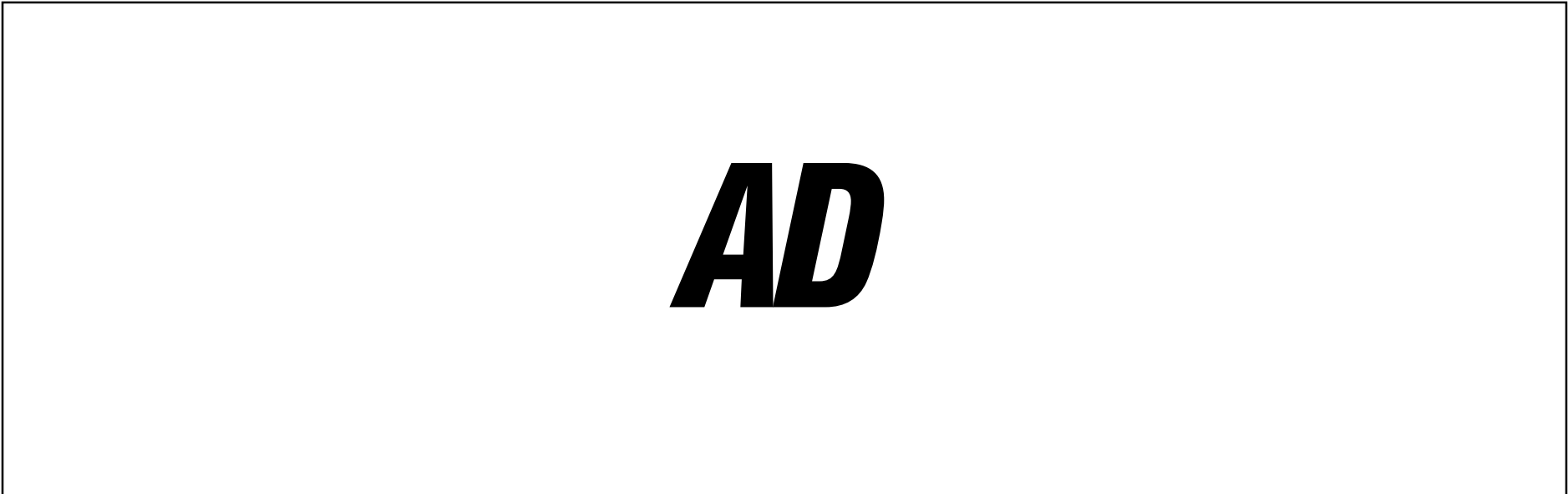
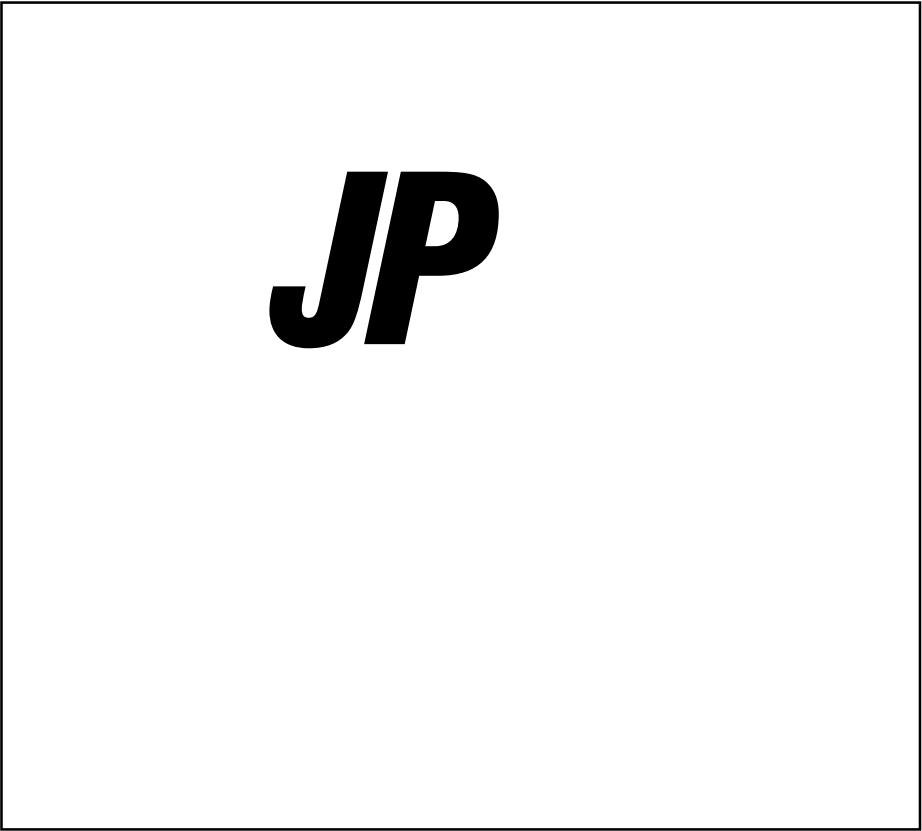
⇒ Containers for cooking oil are available in two locations.

⇒ Do not dispose of food waste, such as steaks or chips in the cooking oil containers. Instead, dispose of the waste in trash containers marked others.

Wastewater:

⇒ Do not use a sink labeled “Hand Washing Only” for washing cooking equipment and pans. No fat, grease or detergent is allowed in this sink.

⇒ Use the other two sinks labeled “Dish Washing and Hand Washing” to wash the cooking utensils, pots and pans. Use containers located underneath sinks for food disposal to prevent clogging the drainage.



Priority strategy reduces stress, aids success while multi-tasking

By Col. Lee Wyatt

374th Mission Support Group

We live in a very high-speed world both in our personal and professional lives. Continuing advances in technologies provide us access to multiple opportunities and competing events all at once.

Having so much going on at the same time makes it more difficult today than in the past to manage. Thomas J. Watson said, "Wisdom is the power to put our time and knowledge to proper use."

In today's environment to be a success you must set goals and develop a prioritization strategy. It is much easier to simply say everything is a priority and it all must be done right now than to put some thought to what is most important, next and then least important.

It all starts with creating mental pictures of your goals, then developing a priority strategy to make those pictures become realities. Basically, we accomplish things by our desires, not ignoring them.

In our lives we are constantly juggling competing tasks basically like a juggler keeping mul-

tipl balls in the air. The problem comes when we try to treat all the balls the same. In reality they are not all the same. We just have not put some hard thought into how to categorize them. Personally, I have divided all these competing things into three categories; glass, wood and rubber.

Winston Churchill stated, "It is no use saying we are doing our best. You have got to succeed in doing what is necessary." Therefore, I have categorized those necessary things at the top as glass, most important to my personal and professional life.

These things if dropped are going to break and cause me to bleed where and when I can't afford to. There are many external demands and pressures put on us and I like to put these things into the wood category.

If I drop one of these they make some noise but they don't break. Finally, all other things are classified into the rubber category. It is easy to put these things on our plate to do even though they can distract and confuse us from what is important. It is remarkable how many things we have in our life that we thought

were glass really end up here.

The amazing thing about these is you can drop them and they'll bounce allowing you to catch them later with little impact on your real goals. Besides, it was Eddie Cantor who coined the phrase, "It takes twenty years to become an overnight success." Some people chose the easier thing to do. To simply throw up their hands in frustration that everything is a priority and all has to be done right now, resulting in paralyzes and inaction.

I encourage you to take the time to think about your goals and where you want to go. But it does not end there. If you truly want to reduce your stress and become a success develop your own prioritization strategy for how you are going to get there.

Take personal responsibility for your professional and personal life. In the words of Henry David Thoreau, "If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."

Knowing culture, manners key to enjoyable tour in Japan

By Chief Master Sgt. James Roy

5th Air Force/United States Forces Japan

On a crowded commuter train, an American speaks loudly into a cell phone, as Japanese passengers watch, annoyed.

The American does not realize it, but he has breeched the Japanese etiquette of not speaking on a cell phone while riding the commuter trains. Americans who ride the trains will find many of the Japanese staring into their phones text messaging instead.

Cell phone etiquette is just one of many aspects of Japanese culture that is important for Americans serving in Japan to learn in order to enhance the bilateral relationship between the two countries.

How Americans are perceived among Japanese citizens can be just as important as the bilateral military training conducted between the United

States and Japan.

Being mindful of a foreign country's culture and manners does more than prevent embarrassment; it also shows respect.

Saying excuse me, thank you or otherwise being mindful of others' needs tells them that they are being respected and may respond in kind. Manners and learning the culture of a nation's country goes a long way in helping build mutual understanding.

Although they may not know it, all foreigners visiting other countries are representatives of their own. Someone's action in a foreign country could leave a positive or negative impression for host citizens.

For many Americans, cultural differences can be espe-

cially difficult to understand when they contrast sharply with what is familiar in the United States. For example, many American states and communities have adopted laws or ordinances that limit smoking in public places. So if a foreigner lights a cigarette in a restaurant, that behavior could be surpris-

ing or even offensive in the United States.

Other countries may not have such rules. In fact some cafes in the Middle East even center their business around and encourage patrons to smoke.

What is clearly acceptable in one culture may be completely unacceptable in another even though the cultures—like the U.S. and Japan—share many similar values.

Another way of looking at behavior in a foreign country is to think of a guest visiting someone's home.

If visiting children are permitted to run wild around the house when the host's children are not, bad feelings could result. Most likely, that guest would not be invited back into the home.

Being a guest in Japan is much the same. As guests, Americans must be mindful of the etiquette and customs of their host nation.

One way to help avoid embarrassing breaches of manners is to consult with Japanese colleagues or friends, especially before attending receptions or functions.

It is important to remember that how you act in public could reflect on all Americans and affect the important bilateral relationship between the two countries.



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Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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Off base

Musashimurayamma Fireworks: Noyama-Kita Park Aug. 26, from 7:40 to 8:40 p.m. For more details call 042-560-1327.

Tachikawa Summer Festival: Located in the large area from the south side of Tachikawa Station to Suwa Shrine, Aug. 26-27. The festival starts at 5:30 p.m. with a Japanese dance parade, a mikoshi shrine carrying, a dashi float parade and Taiko performance competition. During both days, the festival area will only be for pedestrians and food and game booths.

On base

Movies

Today – *The Lake House*, PG, 7 p.m.; *World Trade Center*, PG-13, 9:30 p.m.

Saturday – *Garfield: A Tail of Two Kitties*, PG, 2 p.m.; *World Trade Center*, PG-13, 7 p.m.; *Talladega Nights: The Ballad of Ricky Bobby*, PG-13, 9:30 p.m.

Sunday – *Nacho Libre*, PG, 2 p.m.; *World Trade Center*, PG-13, 7 p.m.

Monday – *World Trade Center*, PG-13, 7 p.m.

Tuesday – *World Trade Center*, PG-13, 7 p.m.

Wednesday – *Garfield: A Tail of Two Kitties*, PG, 7 p.m.; *World Trade Center*, PG-13, 9:30, (adults only)

Thursday – *The Lake House*, PG, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Homeschool group

The Yokota Homeschool Group hosts monthly meetings, field trips and other events during the school year. Send an e-mail to yokotahomeschoolers@hotmail.com.

Central Texas College

Registration end today for on-site courses for Term I including fundamentals of criminal law, intermediate algebra and more. Term dates start Aug. 21 and end Oct. 14. Call 225-9133 or Email yokota.jpn.pfec@ctcd.edu.

Cultural exchange

Fussa Route 16* is a new cultural exchange club with activities that include sharing American and Japanese cultures such as food, customs, games and taking trips. Call Masa at 090-4139-3267.

Automotive classes

The Auto Hobby Center offers classes on automotive skills such as equipment safety, maintenance basics, how to change brakes and CV-joints, engine tune-ups and Japanese inspection basics. For prices and schedule call 225-7623.

Air Force Band

The Band of the Pacific – Asia Final Approach will be performing at Yokota Air Base's Friendship Festival Saturday, from 11 a.m. to noon in Hangar 15 and Sunday from 7 to 8:30 p.m. on the outdoor main stage.

Modeling fair

The K & M Modeling Fair for all ages is Aug. 26 from noon to 3 p.m. at the Taiyo Recreation Center. Email a_fearney@yahoo.com.

Pre-deployment

A pre-deployment briefing is held every Thursday from 9 to 10 a.m. at the Airman and Family Readiness Center. Spouses are highly encouraged to attend the briefing. Call 225-3347.

Air Force Ball

The Air Force Ball is scheduled for Sept. 9 at 6 p.m. at the Taiyo Recreation Center. Come celebrating the 59th Anniversary of the Air Force. Tickets are available through first sergeants. All Yokota Air Base community members are invited. This is a formal event; officers wear the mess dress uniform, enlisted wear the mess dress or semi-formal blues and civilians dress in formal to semi-formal.

Bible studies

The Protestant Women of the Chapel offers Bible study throughout the summer in addition to its regular fall studies. Call 225-7009 for more information.

Bundles for Babies

The Airman and Family Readiness Center offers an educational program Tuesday from 9 a.m. to noon for couples expecting a baby. Topics include infant care and selecting a caregiver. Call 225-8725.

Spouse employment

If you are a military spouse and would like assistance searching for a job, stop by the Airman and Family Readiness Center. Classes are available to help you get started. For more information Email tracie.hathorn@yokota.af.mil.

Modeling portfolios

Junes Modeling Agency will be at the base library for portfolio updates Aug. 26 from 11 a.m. to 5:30 p.m. New models welcome. Call Kei at 090-7241-3165.

West Gate construction

Road work will begin Sept. 5 at the west gate to improve the traffic pattern going toward the gas station. Once the construction is complete, right turns will be allowed from the right lane when entering the gate coming from main base.

Singles' ministry

Young adults and singles of the chapel are welcome.

Tuesdays – Free dinner, Bible discussion and fellowship starts at 5:30 p.m.

Thursdays – Intercessory prayer at 6 p.m. and fellowship and snacks at 7 p.m.

Fridays – "Extreme Coffee Bar" with snacks, drinks and games from 7 p.m. to midnight.

Saturdays – Morning sports activities at the main gym, lunch brunch at 1 p.m. and band practice from 3 to 5 p.m.

Trips – Camping trip Aug. 25-27.

Call 225-7009 for details.

225-RIDE

Volunteers are needed for 225-RIDE. Send an e-mail to 225-RIDE@yokota.af.mil.

Samurai Warrior



of the Week



SrA Kenneth Johnson

Senior Airman Kenneth Johnson, 374th Services Division, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of sympathy toward all people, sincerity and respect for one's word of honor, absolute loyalty to one's superior and a duty to defend the honor of one's name and guild.

Airman Johnson is a customer service representative at the Samurai Fitness Center. He loves to help people and make a difference. Airman Johnson is actively involved with Shinjuku Homeless Ministry and Singles Ministry Group. He also takes on a leadership role as the Treasurer of Yokota Junior Airmen's Council and he lives and breathes the Air Force core values.

Air Force Aid Society

The official charity of the Air Force provides emergency assistance on a case-by-case basis for emergency travel, car repairs, financial and other emergencies. For more information call the Airman and Family Readiness Center at 225-8725.

Airmen's Attic

Volunteers are needed to work at the Airmen's Attic to staff the store and sort donations. Call Master Sgt. Ortiz at 225-4126.

Tanabata Dancers

Learn to perform traditional Japanese dances with the Tanabata Dancers. Practices are on Fridays at 6:30 p.m. and are held in Tower 2085. E-mail tanabata_dancers@hotmail.com.

Car care voucher

First term Airmen and spouses of deployed or temporary duty Airmen are eligible for a \$50 voucher for car care at the AAFES garage. Call the Airman and Family Readiness Center at 225-8725.

Ballroom dancing

Grab a partner or come alone. Learn to Tango and Waltz or how to dance like a star. Classes are Saturdays from 3-5 p.m. at the Taiyo Community Center, cost is \$6 per class. Call 225-6955.

Chapel schedule

Traditional (West) Chapel
Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

“The secret of managing a club is to keep the five guys who hate you away from the five who are undecided.”

Casey Stengel

Ekiden Road Relay: The 17th Annual Camp Zama Ekiden Road Relay will be held at Sagami Depot on Oct. 1 at 8 a.m. There is no registration fee for SOFA status personnel. Call 263-7980 for more information.

Self defense class: Learn how to protect yourself. A female-only self defense class is held at the West Youth Center on Saturdays from 1 to 3 p.m. Cost is \$40 per month. Call 225-7441.

Fit Mom: Mothers who are with child can attend this class, held Mondays and Wednesdays from 1-2 p.m. at the Natatorium. Exercises include walking in water, hydro-circuits, swimming and walk activities. Call 225-8322.

Start Smart Soccer: Oct. 16-21, registration goes through Sept. 14 for ages three to four. Cost is \$30. Mandatory parents meeting Sept. 15, at 6 p.m. at the East Youth Center. Call 225-7441.

Youth Basketball: Operation Night Hoops is a program that offers teens the opportunity to play and improve while learning teamwork through the Teen Center. Call 225-6793.

Weekly health tip: Physically active children have fewer chronic health problems than children who aren't active. For more information call the Health and Wellness Center at 225-8322.

Students learn self defense, culture

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Yokota Air Base provides the unique opportunity to not only learn about Japanese culture, but the chance to learn discipline and fitness too.

There are several martial arts classes taught on base for all age ranges. Classes are available for children through adults and challenge participants not only physically, but mentally as well.

Students learn the physical aspect of the art and they are taught the history of the art to enhance their understanding.

To find out more about the classes, check the Samurai Fitness Center or call 225-8881.



photos by Capt. Ben Alumbaugh



Top left, a student performs a double punch during class. Top right, Sensei Sayoko Stump judges a practice sparring session between two students. Above, students are all smiles as they practice their kicks. Right, Sensei Stump shows her students how it's done at the West Youth Center.

Class Schedules

⇒ Combative and Meditative T'ai Chi, Wednesdays from 6:30 to 8:30 p.m. at the Natatorium. Call 225-6133.

⇒ Aikido, Fridays and Sundays from 6:30 to 8 p.m. at the Samurai Fitness Center. Call 225-8881.

⇒ Kendo, Saturdays at 10 a.m. at the Samurai Fitness Center. Call 225-8881.

⇒ Okinawa Shorin-Ryu Kenshin Kan, as taught by Sensei Sayoko Stump at the West Youth Center, Tuesdays and Thursdays from 3:30-4:30 p.m. and 4:30 to 5:30 p.m. Call 225-6357.



AD